

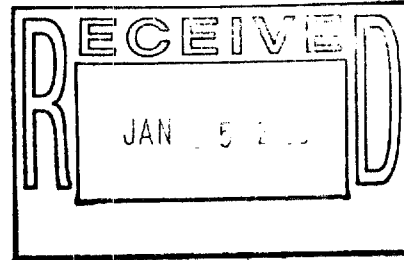
GNC Live Well.

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January 19, 2000

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Office of Special Nutritionals
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, S.W. (HFS-450)
Washington, DC 20204



To Whom It May Concern:

Pursuant to section 403(r)(6) of the Dietary Supplement Health and Education Act of 1994 ("DSHEA"), General Nutrition Corporation, located at 300 Sixth Avenue, Pittsburgh, Pennsylvania 15222 ("GNC"), hereby notifies the Food and Drug Administration that it is marketing dietary supplements that bear a nutritional support statement on their labels. Enclosed please find a listing of the products and their statements of nutritional support.

As required, the product labels contain the disclaimer that this statement has not been evaluated by the Food and Drug Administration and that the product is not intended to diagnose, treat, cure, or prevent any disease. Two (2) copies of this notification are enclosed for your convenience.

On behalf of GNC, I hereby certify that the information contained in this notice is complete and accurate and that GNC has substantiation that the statements are truthful and not misleading.

Very truly yours,

Susan Trimbo, Ph.D.
Vice President
Scientific Affairs

Enclosures

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FDA NOTIFICATION TRACKING FORM FOR STRUCTURE/FUNCTION STATEMENTS (updated 1/21/00)		
DESCRIPTION	DATE FILED	STRUCTURE FUNCTION STATEMENT(S)
ARGININE		
GNC Arginine 1000	1/21/00	Arginine has several roles in the body, such as helping remove ammonia from the body which is a waste product of protein metabolism.
CHITIN		
GNC Optibolic Chitosan	1/21/00	Studies show that a diet rich in fiber can be beneficial helping reduce the transit time of foods in the digestive system.
COLOSTRUM		
PharmAssure Proventra	1/21/00	LgG provides dietary support for the immune system and helps promote the body's natural defense systems.
CREATINE		
GNC Pro Performance Creatine Plus Transport	1/21/00	Supports creatine production and uptake in the body. This formula delivers the key amino acids that naturally produce creatine in the body.
GAMMA LINOLENIC ACID (GLA)		
GNC Women's Ultra EPO	1/21/00	GLA is an omega-6 fatty acid that acts as a precursor to prostaglandins, hormone-like substances that help to regulate the body processes including hormonal
L-GLUTAMINE		
GNC Pro Performance Glutamine Powder	1/21/00	Because of its unique structure, glutamine is the primary transport of nitrogen into the muscle cell.
SAMe		
GNC SAMe	1/21/00	SAMe is a naturally occurring product which has been clinically shown to promote healthy joints.
		SAMe has been shown to support glutathione production, which helps support body's antioxidant system.
SOY ISOFLAVONE		
GNC Women's Phyto-Estrogen	1/21/00	Soy Isoflavone supplementation can help maintain bone density.
VITAMIN B		
GNC Women's Phyto-Estrogen	1/21/00	Vitamin B is necessary for energy production and support of the body's metabolic processes.